

# 31<sup>st</sup> ANNUAL (INCREDIBLE) ALOHA HANG LOOSE HAWAIIAN FANTASY RUN/WALK



**Saturday, January 1, 2011 at 10:30AM**

306 Courtland, Dowagiac, MI 49047

- DISTANCES:** 7 Mile Feature (for those who can handle the hot sun)  
3.2 Mile Novice (for those who need a trailing trade wind)  
1 Mile Fun Run (for those who had too many Mai Tais)
- DIVISIONS:** Run/Walk for *Kane*, *Whine*, and *Keiki* (Men, Women, and Children)
- COURSE:** Flat, scenic course that winds it's way through the Hawaiian Islands, including Volcanoes National Park, Diamond Head, Haleakala, and Kaanapali (hilly, treacherous roads and trails around the Dowagiac area).
- ENTRY FEE:** Generous donations to the Track Coaches Retirement Center on Kaanapali Beach (a voluntary donation to the Haitian Children's Food Fund of St. Paul's Episcopal Church in Dowagiac).
- AWARDS:** Leis for those who run/walk *wiki wiki* in their division. (Leis, really!)
- REGISTRATION:** Race is limited to the first 50,000 to appear at Ala Moana Park in Nike Air Flip Flops (running, trekking and walking Friends of Ron Gunn meet at St. Paul's Episcopal Church in Dowagiac.. See Directions with map link below).
- WAIVER:** All participants must use a sun lotion with SPF of at least 30 and bring a certificate for falling coconut insurance (sign waiver for treacherous conditions).
- SPONSOR:** Aloha Airlines (St. Paul's Haiti Medical Mission team).
- REHYDRATION:** Luau and puu puus at the Royal Lahaina Hotel (bring a dish to pass for a post race *puu puu* party. Kona coffee, pop, Gatorade, and yes, wheat juice will be provided..
- PURPOSE:** This is a fun way to start the New Year on an upbeat fitness note before settling down to watch that minor sport on TV. This is a lowly organized fun run and walk. There will be no traffic control an probably no aid stations. No results will be recorded and times will be called if the race director is not off doing the hula.
- COURSE MAP:** Maps will be available before the start of our run/walk. The courses will include a portion of the beautiful trails surrounding Dowagiac. In case of a tsunami we will use the old Run for Hungry Children course. The potluck following the race is optional but the food and fellowship are always first rate. **Fedi Fi** (French Creole/Haitian for Fire Up)!
- DIRECTIONS:** This year we will meet at St. Paul's Episcopal Church in Dowagiac at 306 Courtland Street. Once in Dowagiac follow M51/M62 through town to Green Street then turn north one block to Courtland. The church is located just ½ block east. The street parking is limited so it will be helpful if you park at the Lyons Medical Center lot 3 blocks west of the church. [MAP LINK](#)

## The Spirit of Aloha

During my first trip to the Hawaiian Islands many years ago I was hiking with little Jeff along the Black Sand beach. We stopped to rest at a bench when a Hawaiian woman walked up and gave Jeff a bird figure that she made out of a reed-like plant and then walked away. This was my first real experience with the spirit of Aloha.

Aloha is the most beautiful word in the Hawaiian language. It means many things depending on how it is said. Most visitors to the Islands think that it just means hello, goodbye, love or friendship. However, the real meaning goes much farther. Perhaps the best way to describe the meaning of Aloha is listed below:

**Aloha** means welcome, What I have you may have, share with me.

**Loko maikai** means what I say comes from my heart. I have good intentions.

**Olu olu** means happy, happy doing for others, a Hawaiian heritage.

**Ha aba a** means humility and meekness, we are happy to serve.

**Aloha** means love, near or far, you are always in my heart.

According to the old Kahunas (Priests) Aloha literally means *Divine Breath of Life*. What a beautiful expression! So the next time someone tells you *Aloha*, remember the greater meaning. God has breathed in us the ultimate Aloha, His Holy Spirit. How wonderful!



**Fedi Fi!**